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Navy and Marine Corps Medical News  
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Navy and Marine Corps Medical News (MEDNEWS) is a weekly compendium of news and information contributed by commands throughout the Navy medical department. Information contained in MEDNEWS stories is not necessarily endorsed by Navy Bureau of Medicine and Surgery (BUMED), nor should it be considered official Navy policy.

BUMED distributes MEDNEWS to Sailors and Marines, their families, civilian employees and retired Navy and Marine Corps families. Further distribution is highly encouraged.

Stories in MEDNEWS use these abbreviations after a Navy medical professional's name to show affiliation: MC - Medical Corps (physician); DC - Dental Corps; NC - Nurse Corps; MSC - Medical Service Corps (clinicians, researchers and administrative managers). Hospital Corpsmen (HM) and Dental Technician (DT) designators are placed in front of their names.

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Stories:

Headline: Enhanced retiree dental plan on its way  
From TRICARE Management Activity

WASHINGTON - The TRICARE Management Activity (TMA) and the selected contractor for its retiree dental program, Delta Dental Plan of California, announced the rollout of an enhanced dental program for uniformed services retirees and their family members beginning October 1.

The TRICARE Retiree Dental Program (TRDP) is already the nation's largest voluntary retiree dental program with nearly 525,000 enrollees. TMA and Delta officials aim to increase enrollment significantly through an expansion of coverage that is designed to appeal to an estimated 4.2 million eligible retirees and family members.

"This is a dramatic benefit expansion that responds directly to input received from uniformed services retirees on

what dental benefits they want and are willing to pay for," said Capt. Lawrence McKinley, USN, DC, TMA's senior consultant for dentistry. "The program remains voluntary with no government subsidy, so consideration for developing a comprehensive benefits package that is affordable and viable were paramount in the design."

The enhanced program includes all the basic benefits offered in the current basic retiree program launched two years ago, plus coverage for cast crowns, onlays, bridges, partials/dentures and orthodontics along with several additional diagnostic and preventive services.

Additionally, it includes immediate coverage for additional diagnostic and preventive services, coverage for dental accidents and an allowance toward a noncovered procedure -- tooth-colored fillings in the back teeth, also called posterior composites. Coverage for some major restorative services take effect after a one-year waiting period for some enrollees, depending on the procedure and which enrollment status they fall under.

The enhanced program provides a 30-day grace period during which an enrollee can terminate his or her enrollment if dissatisfied with anything about the program, providing they have not filed a claim.

If current enrollees of the basic program don't want to upgrade to the enhanced program, they can still choose to remain in the basic program on a month-to-month basis after completing their initial 24-month enrollment period.

Eligible retirees and their family members can find answers to their questions about the enhanced program as well as enroll online, 24 hours a day, using Delta's dedicated TRDP web site at [www.ddpdelta.org](http://www.ddpdelta.org). In addition, Delta will be mailing an upgrade package to all current enrollees. Those interested in upgrading from the basic program can also visit the TRDP web site for detailed information. To upgrade or enroll in the new enhanced program by phone, the toll-free number is 1-888-838-8737.

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Headline: Nurse triage system implemented at USNH Keflavik  
From U.S. Naval Hospital Keflavik

KEFLAVIK, Iceland - U.S. Naval Hospital Keflavik recently implemented a Nurse Triage System designed to enhance access to care and promote health awareness through self-help treatment and illness prevention programs.

The result of these practices will increase customer satisfaction with Navy health care and enhance health maintenance of more than 4000 beneficiaries at Keflavik.

Prior to the triage system, when a patient called wanting a same day appointment, it was nearly impossible due to scheduling.

But now with the Nurse Triage System, when a patient calls, the information is routed to the triage nurse with the patient's health concern and a phone number. The triage nurse then receives the patient's information and responds within an hour.

After speaking with the patient, the triage nurse will make

recommendations based on reported symptoms. The patient will then be told to either report to the Acute Care Clinic for immediate medical care, be scheduled a same day appointment with their Primary Care Manager (PCM) or be given home remedy advice.

A follow-up telephone call is made the next day to patients who were given home treatment options to monitor and evaluate their status and make appropriate referrals as needed.

Active duty and family members are finding that their immediate health care needs are being evaluated more expeditiously resulting in increased patient appraisal of the system.

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Headline: NH Pensacola Sailors pack gym bags instead of sea bags  
By JO1 Maria Christina Mercado, Naval Hospital Pensacola

PENSACOLA, Fla. - Two Sailors from Naval Hospital Pensacola will be heading across the bay from the home of the Atlantic Fleet carrying gym bags and free weights instead of seabags when they report aboard in October.

LNC Renee Fuller and HM2 Christine Sternjacob will represent Naval Hospital Pensacola October 7, at the Armed Forces Body Building Competition at the Naval Shipyard in Portsmouth, Va.

Both women have demonstrated discipline and dedication in preparation for the event that is sponsored by Morale, Welfare and Recreation and is open to active duty, reserve, and retired service members.

The duo has followed a strict training regimen that includes a high protein/low carbohydrate diet, and daily workouts. They lift weights six days a week followed by a cardiovascular workout, such as running or bicycling.

"The weight training consists of a lot of light repetitions, which enhance muscle definition," said Sternjacob.

Working with Don McKeen, a fitness coordinator with the Corry Fitness Center, Sternjacob and Fuller came up with a training routine specifically designed for each of them. Even their diets were specially developed so that everything they ate enhanced their bodies, said Sternjacob.

After work, workouts and school, both women must practice their routine. According to Fuller, judging is composed of two sections: The symmetry round, where contestants stand beside one another and are judged on 13 mandatory poses and the individual routine.

"You get 60 seconds to get up on stage and show them what you've got," said Fuller. The routine is choreographed to music and provides competitors the opportunity to showcase their bodies.

"Body building is an illusion," said Sternjacob. "During your routine you can turn your body a certain way to make it look better. Don't get me wrong, you've got to be in shape, but during your routine you can pose yourself in certain ways to make your body look even better," she said.

Fuller began body building in 1985 when she first joined the Navy.

"I was a little stick and wanted to gain some weight," she said. So the guys on her ship showed her how to train and build muscle. "I've worked out ever since."

Sternjacob, a cardiovascular technician, said she has always been active in sports, but began bodybuilding two years ago.

While the team from Naval Hospital Pensacola would love to bring home the trophy, both women agree they are in it for fun.

"It is my first show," said Sternjacob. "I'll just do the best I can."

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Headline: SHARP assistance for commands

PORTSMOUTH, Va. - The Navy Environmental Health Center's Sexual Health and Responsibility Program (SHARP) has established guidelines to assist commands in meeting the requirements of SECNAV Notice 5300 regarding HIV training.

SHARP is tasked to support all Navy and Marine Corps units in prevention and education for HIV, sexually transmitted diseases and unplanned pregnancy. Criteria for Navy certified HIV instructors can be found at the SHARP web site, [www.nehc.med.navy.mil/hp](http://www.nehc.med.navy.mil/hp).

Personnel currently conducting such training or those interested in becoming certified instructors should contact SHARP or the designated SHARP Area Coordinator. A roster of area coordinators can also be found at the web site.

For additional information, contact Bob MacDonald at (757) 462-5566 or DSN 253-5566.

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Headline: Anthrax question and answer

Question: After receiving the anthrax vaccination, is one able to donate a kidney or bone marrow?

Answer: Yes. Anthrax vaccine contains no live bacteria and poses no safety risk. There is no bar (contraindication) regarding donating organs or marrow after being vaccinated. In fact, your bone marrow might confer temporary immunity to the diseases to which you are immune to the marrow recipient.

The immune response to anthrax vaccine would have no adverse effect on the internal organs of the kidney or marrow recipient. Anthrax vaccine is a sterile product made from filtrates of inactivated bacterial cultures. Sterile filtration during manufacturing yields a vaccine containing no whole organisms, thereby presenting no possibility of infection to the recipient, whether immunodeficient or not.

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Headline: TRICARE question and answer

Question: Does TRICARE Prime cover long-term care?

Answer: Prime will cover long-term health care to the extent that CHAMPUS does today, that is, noncustodial, skilled care. Please discuss specific care requirements with your local Health Benefits Advisor.

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Headline: Healthwatch: Why chronic dieting doesn't work  
From Bureau of Medicine and Surgery

WASHINGTON - Only five percent of all dieters will have maintained their weight loss at the end of one year. That's not too encouraging considering the average American diets three to four times annually.

Why are so many people involved in this self-defeating act? An obsession with thinness and the limited view that dieting will help you lose weight has Americans running to buy diet aids. But the bottom line is that diets don't work.

The common phrase "going on a diet," gives you the feeling that it is something you start but are able to quit. The thought of dieting makes you hungry for foods you had even forgotten about.

People who diet can often lower their metabolisms enough to decrease their caloric need. This can be done in two ways: First, a diet of less than 1,000 to 1,200 calories can actually cause a starvation-like state and force your body to conserve calories. The body will cut back its caloric needs to survive. Therefore, you won't lose more in the long run on a 500 calorie diet. This starvation state can lower the metabolism for as much as one year.

Secondly, crash dieting can change the body's composition. Let's say you lost 10 pounds in two weeks. Five pounds of that is water, three pounds was fat and the other two pounds was muscle. When the weight is regained, it comes back in the form of fat and water.

Every future diet can perpetuate this downward cycle of muscle loss; the chronic dieter may change their percentage of body fat over time from 25 to 40 percent. Surprisingly, the scale may not show large amounts of weight change.

Muscles burn up more calories than fat and chronic dieting makes you lose a large percentage of what helps you keep trim. This yo-yo effect of losing and regaining can be hard on the body. It is better to never start dieting than to keep losing and regaining the same 10 to 20 pounds of fat.

What helps lose and maintain weight is healthy eating habits and a more active lifestyle.

Take a fresh look at your daily diet and exercise. Get rid of the idea that a diet is something to endure for a month after which you can go back to your old habits. Make short and long term goals to slowly change your lifestyle to include healthier food choices and to be more active at work and play.

You will be healthier and happier when you give up dieting and will be closer to achieving a permanent weight change by focusing on the quality of your diet and exercise habits.

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Comments about and ideas for MEDNEWS are welcome. Story submissions are highly encouraged. Contact MEDNEWS editor, at email: mednews@us.med.navy.mil; telephone 202-762-3218, (DSN) 762, or fax 202-762-3224.

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